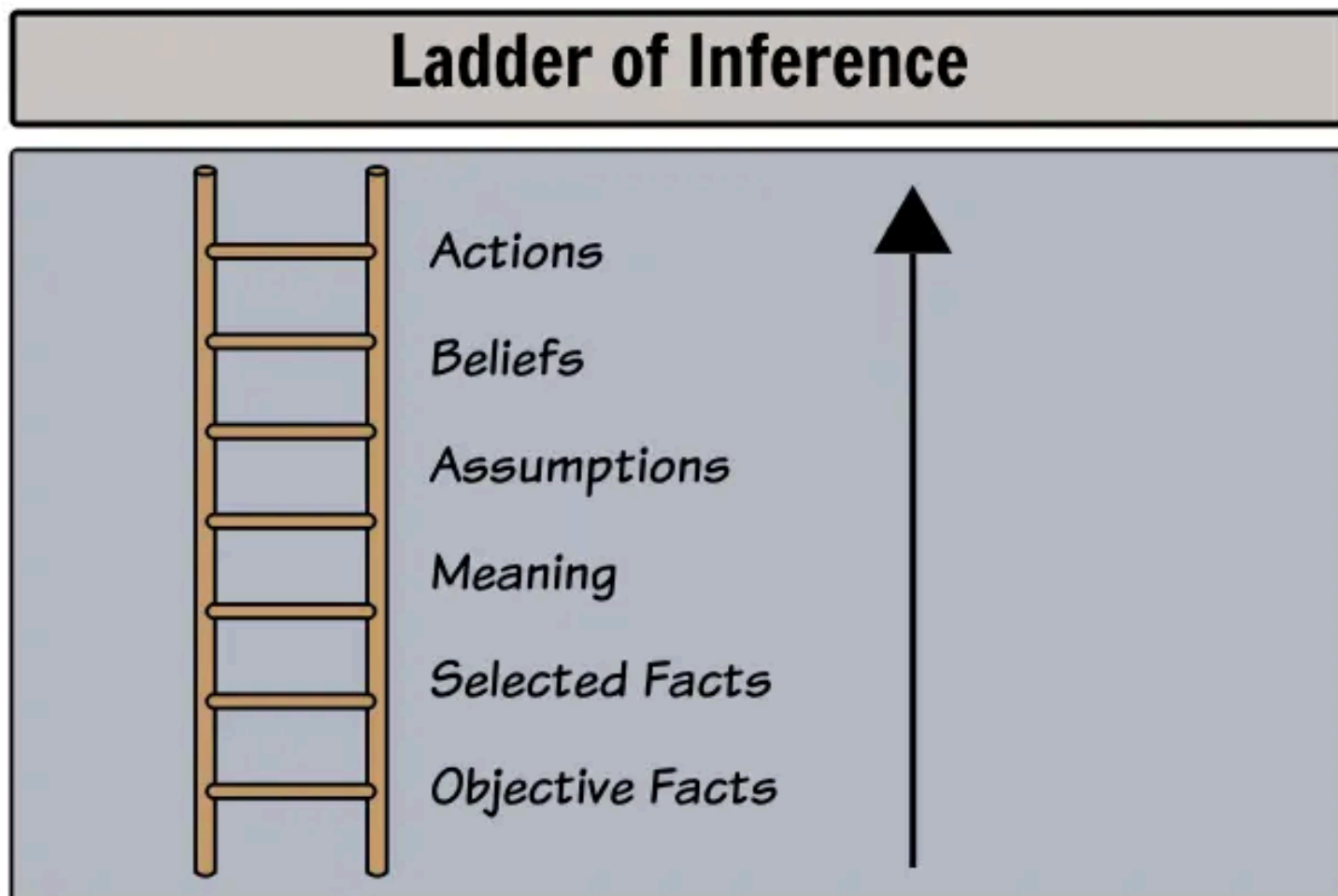


**Free Your Body w/Yoga**

Dharma Seeds Yoga ~ LGBTQ+ focused, Trauma-Informed, Accessible, Ability Injury Minded



Step out of dysfunction



Create your own at [Storyboard That](#)

by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#)© | 03

April 2024 |

[New Book just published](#)

Step out of dysfunction

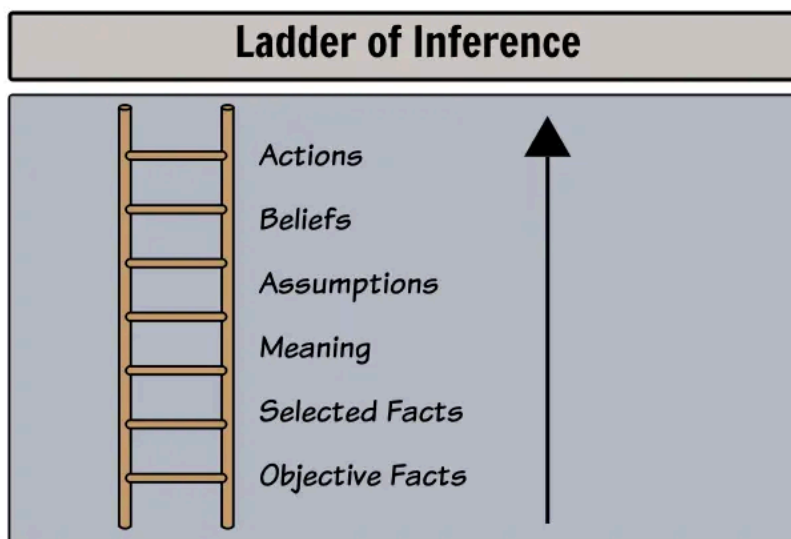
Sometimes, my PTSD and neurodiversity cause me to get stuck on something and repeat thoughts or behaviors. This

can happen without me realizing it, and my actions might unintentionally disrupt others.

I'm looking for ways to bring order to the chaos in my mind. One strategy that helps me is using worksheets. By laying things out visually, I can better understand and manage the jumbled thoughts and feelings.

I enjoy using unexpected connections to explain yoga or meditation. **The Ladder of Inference** is a good example.

When someone starts practicing yoga or meditation, they begin by gathering **objective information**. However, they quickly begin to focus on **specific details** that resonate with them. They then reflect on these chosen details and explore their **personal meaning** in their lives. While we all enter this journey with **assumptions**, the path often takes unexpected turns. At this point, individuals can choose to integrate, **action**, these practices into their lives, allowing their existing beliefs and strengths to be both supported and challenged. Ultimately, the essence of yoga lies not just in the practice itself, but in embodying its principles throughout our daily lives. It's more than a 45-minute routine; it's about living yoga in everything we do.



Create your own at Storyboard That

I find this model particularly helpful in quieting the mental chaos. The beauty of the Ladder of Inference is its adaptability – you can apply it to any situation that arises. Now, let's delve a little deeper into this concept...

While research on mindfulness for neurodivergent individuals is still growing, here are some **objective facts** about its potential benefits:

- **Reduced Stress and Anxiety:** Studies suggest mindfulness practices like meditation can decrease stress and anxiety in the general population <https://www.apa.org/monitor/2012/07-08/ce-corner>. There's reason to believe this could also be true for neurodivergent people who often experience higher levels of stress due to sensory overload or social challenges.
- **Improved Focus and Attention:** Mindfulness emphasizes training attention and staying present in the moment. This could be helpful for neurodivergent individuals who may struggle with focus or intrusive thoughts.
- **Increased Self-Awareness:** Mindfulness practices encourage observing your thoughts and feelings without judgment. This improved self-awareness can be valuable for understanding triggers and managing emotional responses.
- **Enhanced Emotional Regulation:** By learning to observe emotions without judgment, mindfulness may help neurodivergent individuals develop healthier coping mechanisms for dealing with strong emotions.

It's important to note that:

- **Research is ongoing:** More studies are needed to definitively determine the effectiveness of mindfulness for specific neurodivergent conditions.
- **Individual experiences vary:** Mindfulness may not work for everyone, and the approach may need to be

adapted to individual needs.

Overall, while the objective evidence for mindfulness with neurodivergent populations is still being built, the potential benefits for managing stress, improving focus, and enhancing emotional regulation are promising.



Here's a breakdown of the **meaning** behind using mindfulness for neurodivergent persons to quiet the chaos in their minds:

The Chaos:

- For neurodivergent individuals, “chaos” in the mind can refer to several things:
 - **Sensory Overload:** They might experience a constant barrage of overwhelming sights, sounds, smells, or touches.
 - **Racing Thoughts:** They might struggle with intrusive thoughts or difficulty controlling their thought patterns.
 - **Emotional Intensity:** They might experience emotions more intensely than others, making it hard to manage them.

Mindfulness as a Tool:

- Mindfulness practices like meditation aim to train the mind to focus on the present moment without judgment.
- By focusing on the present, mindfulness can help neurodivergent individuals:
 - **Reduce Sensory Overload:** They can learn to observe and acknowledge overwhelming sensations without getting swept away by them.
 - **Gain Control of Thoughts:** They can develop the ability to observe their thoughts without getting attached to them, allowing them to let go of intrusive thoughts.
 - **Manage Emotions:** They can learn to observe their emotions without judgment, allowing them to understand and respond to them in a healthy way.

Overall Meaning:

- Mindfulness can be a tool for neurodivergent individuals to find more peace and calm within the “chaos” of their minds. It doesn’t necessarily eliminate the challenges, but it can help them develop healthier ways to manage them.

Here’s an analogy:

Imagine your mind is a busy city street. Mindfulness is like taking a step back and observing the traffic. You can’t control every car or pedestrian, but by observing the flow, you can navigate the street more safely and calmly.

Here are some general **assumptions** about using mindfulness for neurodivergent persons to quiet the chaos in their minds:

- **Mindfulness is universally beneficial:** This assumes that everyone can benefit from mindfulness practices, regardless of their neurodivergent condition. While

mindfulness shows promise, some individuals may find other techniques more effective.

- **There's a “typical” neurodivergent experience:** Neurodiversity is a broad spectrum, and the way mindfulness helps can vary depending on the specific condition.
- **Mindfulness requires a quiet mind:** This overlooks that mindfulness can be practiced even with a busy mind. The goal is to observe thoughts without judgment, not to achieve complete silence.
- **One size fits all approach:** This assumes there's a single mindfulness practice that works for everyone. Different techniques like meditation, mindful movement, or coloring may resonate more with certain individuals.

It's important to remember that these are assumptions, and the reality may be more nuanced.

Here are some general beliefs about using mindfulness for neurodivergent persons to quiet the chaos in their minds:

- **Improved Self-Regulation:** Mindfulness practices cultivate a sense of self-awareness, allowing individuals to identify triggers and emotional responses. This belief suggests that with practice, neurodivergent individuals can develop healthier coping mechanisms for managing the intensity of their emotions.
- **Enhanced Focus and Attention:** Mindfulness emphasizes training attention in the present moment. This belief suggests that by focusing on the present rather than getting caught up in racing thoughts, neurodivergent individuals can improve their ability to concentrate and manage distractions.
- **Reduced Sensory Overload:** Some believe mindfulness can help neurodivergent individuals learn to observe and acknowledge overwhelming sensory information

without getting overwhelmed by it. This could lead to a sense of greater control over their sensory experiences.

- **Acceptance and Non-judgment:** A core principle of mindfulness is accepting thoughts and feelings without judgment. This belief suggests that by adopting a more accepting attitude towards their internal experiences, neurodivergent individuals can experience less stress and anxiety associated with the “chaos” in their minds.
- **Neuroplasticity:** The brain has the ability to change and adapt throughout life. Some believe that mindfulness practices can promote neuroplasticity, potentially leading to positive changes in brain function and emotional regulation for neurodivergent individuals.

It’s important to remember that these are beliefs, and while there’s growing evidence to support them, more research is needed to definitively determine the effectiveness of mindfulness for specific neurodivergent conditions.

Here are some **actions** neurodivergent individuals can take when using mindfulness to quiet the chaos in their minds:

Focused Attention:

- **Mindful Breathing:** Focus on your breath, feeling the rise and fall of your chest or abdomen with each inhalation and exhalation. This simple act can anchor you in the present moment and help quiet racing thoughts.
- **Body Scan:** Pay attention to bodily sensations in a non-judgmental way. Start with your toes and slowly work your way up, noticing any tension, tingling, or warmth. This can help ground yourself and reduce sensory overload.
- **Mindful Movement:** Engage in activities like mindful yoga, tai chi, or walking meditation. Focusing on your

body's movements can help quiet the mind and provide a sense of control.

Engaging the Senses:

- **Mindful Listening:** Pay close attention to sounds around you, without judgment. Notice the different tones, textures, and distances of the sounds. This can help shift your focus away from internal thoughts.
- **Mindful Observation:** Take a moment to truly observe your surroundings. Notice details you might normally miss, like the texture of a leaf or the intricate patterns in a cloud. This can help bring you into the present moment and reduce sensory overwhelm.
- **Mindful Coloring:** Coloring intricate patterns can be a calming and focusing activity. It allows you to engage your senses of sight and touch while quieting your mind.

Other Techniques:

- **Journaling:** Write down your thoughts and feelings without judgment. This can help you gain clarity and release some of the mental “noise.”
- **Visualization:** Imagine yourself in a peaceful place, focusing on the sights, sounds, and smells. This can be a calming technique for managing anxiety and intrusive thoughts.
- **Guided Meditations:** There are many guided meditations available online or through apps specifically designed for neurodivergent individuals. These can provide helpful structure and support for beginners.

Remember:

- **Start Slowly:** Begin with short mindfulness practices (a few minutes) and gradually increase the duration as you become more comfortable.

- **Find What Works for You:** Experiment with different techniques to discover what resonates most with you.
- **Be Patient:** Building a mindfulness practice takes time and consistent effort. Don't get discouraged if you don't see results immediately.
- **Seek Guidance:** Consider working with a therapist or counselor experienced in mindfulness and neurodiversity. They can provide personalized guidance and support.

By incorporating these actions into your daily routine, you can use mindfulness to navigate the “chaos” in your mind and cultivate greater peace and self-awareness.



Neurodiversity

Ladder of Reference (further studies)

1. <https://www.storyboardthat.com/articles/b/ladder-of-inference#>
2. <https://www.leadingsapient.com/ladder-of-inference-decision-making/>
3. <https://www.dst.defence.gov.au/sites/default/files/publications/documents/2016-07-2016%20Annual%20Report.pdf>

4. <https://online.visual-paradigm.com/knowledge/brainstorming/what-is-stepladder-technique/#:~:text=The%20Stepladder%20Technique%20is%20a,of%20other%2>
 5. https://drive.google.com/file/d/1xVsJP2TEoKB3_qTcPBWyn_CIXBXpMuj/view?usp=sharing
-

Pre-Caution

While engaging in any **yoga activities, always remember:**

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](https://dharmaseedsyoga.wordpress.com/control/), our guidance on using Yoga for mental health purposes.

<https://dharmaseedsyoga.wordpress.com/control/>



Mindfulness Practices

Here are ten mindfulness exercises for a neurodivergent person:

Focused Attention Exercises:

1. **Mindful Breathing:** Focus on your breath, feeling the rise and fall of your chest or abdomen with each inhalation and exhalation. Count your breaths silently if it helps anchor you in the present moment. (3 minutes)
2. **5 Senses Meditation:** Pick one sense (sight, touch, smell, hearing, taste) and focus on it for a minute. Notice details you might normally miss. Rotate through each sense for a full sensory experience. (5 minutes)
3. **Body Scan:** Lie down or sit comfortably. Pay attention to bodily sensations in a non-judgmental way. Start

with your toes and slowly work your way up, noticing any tension, tingling, or warmth. (10 minutes)

Engaging the Senses:

4. **Mindful Walking:** Take a walk focusing on the feeling of your feet on the ground, the rhythm of your breath, and the sights and sounds around you. Notice details you might normally miss. (10 minutes)
5. **Mindful Coloring:** Color intricate patterns or mandalas. Focus on the act of coloring, the feel of the crayons or pencils, and the visual creation unfolding before you. (15 minutes)
6. **Mindful Eating:** Choose a small piece of food and savor it slowly. Notice the colors, textures, smells, and tastes. Chew thoroughly, focusing on the experience of eating rather than rushing through the meal. (Throughout a meal)

Creative Mindfulness:

7. **Mindful Doodling:** Take a pen and paper and let your hand move freely, creating lines, shapes, or doodles without judgment. Focus on the act of creating and the sensations in your hand. (5 minutes)
8. **Mindful Music Listening:** Choose a piece of calming music. Close your eyes and focus on the sounds, noticing the instruments, melodies, and emotions evoked by the music. (10 minutes)

Journaling and Reflection:

9. **Gratitude Journaling:** Before bed, write down three things you're grateful for that day. Reflect on the positive aspects of your life and cultivate a sense of appreciation. (5 minutes)
10. **Thought Cloud Journaling:** When a negative thought arises, write it down on a piece of paper and visualize it as a cloud floating away. This can help release the

thought and detach from negativity. (Throughout the day)

Remember, these are just a few suggestions. Experiment and find what works best for you!

Resources



Body Scan Meditation

🕒 Time: 15-20 Minutes
📊 Difficulty: Easy

THE BENEFITS OF THE BODY SCAN MEDITATION

- Builds greater body awareness – Tuning into sensations across the body helps become more aware of what's going on inside. It also helps you get "out of your mind & into your body"
- Breaks habitual body tension – By noticing areas of tightness, we can send conscious breaths to invite softening and relaxation.
- Cultivates present moment focus – The process of guiding attention through the body anchors us in the here and now, rather than ruminating on thoughts.
- Encourages non-judging awareness – Noticing sensations without labeling them as good or bad fosters equanimity in our body experience.
- Allows appreciation of the body – As we systematically scan through the body, we can feel gratitude for all the body does for us.
- Can be done lying down – The fact that it can be practiced lying in bed makes it an easy habit, especially helpful before sleep.

Find the instructions for the body scan meditation on the next page. You'll also find a script that you can use.

Body Scan Meditation

⌚ Time: 15-20 Minutes

📊 Difficulty: Easy

INSTRUCTIONS

01. Find a Comfortable Position: Begin by finding a quiet, comfortable space where you won't be disturbed. You can do the body scan lying down, sitting, or in any position that feels comfortable for you. Ensure your back is straight, but not tense.

02. Close Your Eyes and Breathe: Gently close your eyes. Take a few deep breaths to center yourself. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. As you breathe, start to let go of external worries and thoughts.

03. Set an Intention: If you like, set an intention for your practice. It could be something like, "May this practice bring calmness and awareness to my body."

04. Begin with Your Feet: Direct your attention to your feet. Notice any sensations you feel here. It could be warmth, coolness, pressure, tingling, or maybe nothing at all. Acknowledge whatever you find.

05. Gradually Move Upward: Slowly move your focus up to your ankles, calves, knees, and thighs. Spend a few moments on each body part. As you do this, remember to breathe naturally. If your mind wanders, gently bring your attention back to the part of the body you are focusing on.

06. Explore Your Torso: Bring your awareness to your lower back and abdomen. Feel your belly rise and fall with each breath. Then, move up to your chest and upper back. Notice the sensations associated with breathing – the expansion and contraction of the lungs, the rise and fall of the chest.

07. Focus on Your Arms and Hands: Shift your attention to your fingers, hands, and arms. Observe any feelings of touch, temperature, or movement.

08. Notice Your Neck, Face, and Head: Bring your awareness to your neck, facial muscles, and the top of your head. Be mindful of any tension or relaxation in these areas.

09. Scan the Whole Body: Now, widen your focus to include the entire body. From the top of your head to the tips of your toes, feel your body as a whole. Breathe in deeply, bringing energy to your body, and breathe out any tension.

10. Conclude Your Practice: When you're ready to finish, start to bring your attention back to the room. Wiggle your fingers and toes, gently stretch if needed, and when you feel ready, open your eyes. Take a moment to notice how your body feels compared to before the meditation.

11. Reflect: After completing the body scan, take a minute to reflect on the experience. Notice any changes in your body or mind. Remember that there's no right or wrong way to feel during this practice.

Body Scan Meditation

🕒 Time: 15-20 Minutes

📊 Difficulty: Easy

🔊 INCLUDES AUDIO VERSION

SCRIPT

Find a comfortable seated or standing position, or lie down with head support. Allow your body to relax and release tension. When ready, close your eyes and focus on your breath. Take long, slow deep breaths. Inhale through your nose, feeling your belly expand. Exhale through your nose or mouth. Settle into a natural rhythm.

Bring your attention down to your feet. Start observing any sensations here – perhaps warmth, tingling, numbness, or nothing at all. That's perfectly fine. You can wiggle your toes a little inside your shoes or socks and feel your feet just as they are. Imagine breathing energy into your feet as you inhale. Exhale any tension. If your mind wanders, gently escort it back to your feet.

When you're ready to move on, allow your feet to dissolve in your mind. Shift your focus now to your ankles, calves, knees, and thighs. Pay attention to any sensations arising in your legs. Maybe you notice some tingling or pulsing. Temperature changes. Points of contact with the floor or chair. Just observe with an open, curious mind without needing to change anything.

When you feel ready to transition, go ahead and let the focus on your legs fade. Bring your awareness now into your lower back and pelvic region. Feel any sensations here...is there any stiffness or tension to release? Warmth? Tingling? Throbbing? The rise and fall of breathing? Accept any sensations you discover just as they are.

Slowly move your attention up into your mid and upper back now. Feel into the points of contact, like your back against a chair. The subtle movements caused by breathing. Any areas holding tightness. With each exhale you can imagine letting go of that tension, allowing your breath to relax your back muscles.

Shift your focus next to your stomach. You might notice emptiness or fullness, the feeling of clothing, warmth, digestion or other activity. Just observe with neutral, non-judging awareness.

Now let's bring awareness to your chest. You may become aware of your steady heartbeat. The chest rising with each inhale and falling with each exhale. If your mind begins to wander, gently notice this without judgment and bring it back to noticing the sensations in your chest. Notice how all sensations shift and change moment to moment. Observe how no sensation is permanent. That's okay. Just let them come and go.

When you're ready, guide your focus now down into your hands and arms. Pay attention to any sensations in your fingers, palms, the back of your hands and wrists. You can even imagine your breath flowing in and out through your fingertips if you'd like. Shift your mind between your left arm and your right arm. You might notice a slight difference in sensations – no need to judge this. As you exhale, you may experience the arm soften and release tension.

Now, bring your attention to your neck, shoulders, and throat. We often hold tension here so as you breathe in, imagine the breath dissolving any knots or tightness. Notice any sensations here. Whatever you feel, it's all okay. With each exhale, consciously relax your neck and shoulders even more.

Finally, take a moment now to feel your whole body at once – from the top of your head down to your feet. Allow your entire being to relax into the surface below you. Tune into the gentle rhythm of the breath as it moves through your body.

When you feel ready to end your practice, gently open your eyes and come back to your surroundings. Notice how your body feels now compared with the beginning. See if you can carry that sense of relaxation and mindfulness with you as you transition to the next moments of your day.

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PAGE 03/03

MINDFULNESS TOOLKIT

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>
- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)** <https://www.intherooms.com/home/>
- **National Institute of Mental Health:** <https://www.nimh.nih.gov/health/topics/attention-deficit->

[hyperactivity-disorder-adhd/index.shtml](https://www.add.org/hyperactivity-disorder-adhd/index.shtml)

- Attention Deficit Disorder Association: <https://add.org/>
- American Academy of Child and Adolescent Psychiatry: <https://www.aacap.org/>
- StopBullying.gov: <https://www.stopbullying.gov/>
- The National Bullying Prevention Center: <https://www.pacer.org/bullying/>
- The Trevor Project: <https://www.thetrevorproject.org/>
- The National Institute of Mental Health: <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- The National Autism Association: <https://www.autismspeaks.org/>
- The Learning Disabilities Association of America: <https://ldaamerica.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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Dharma Seeds Press

bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

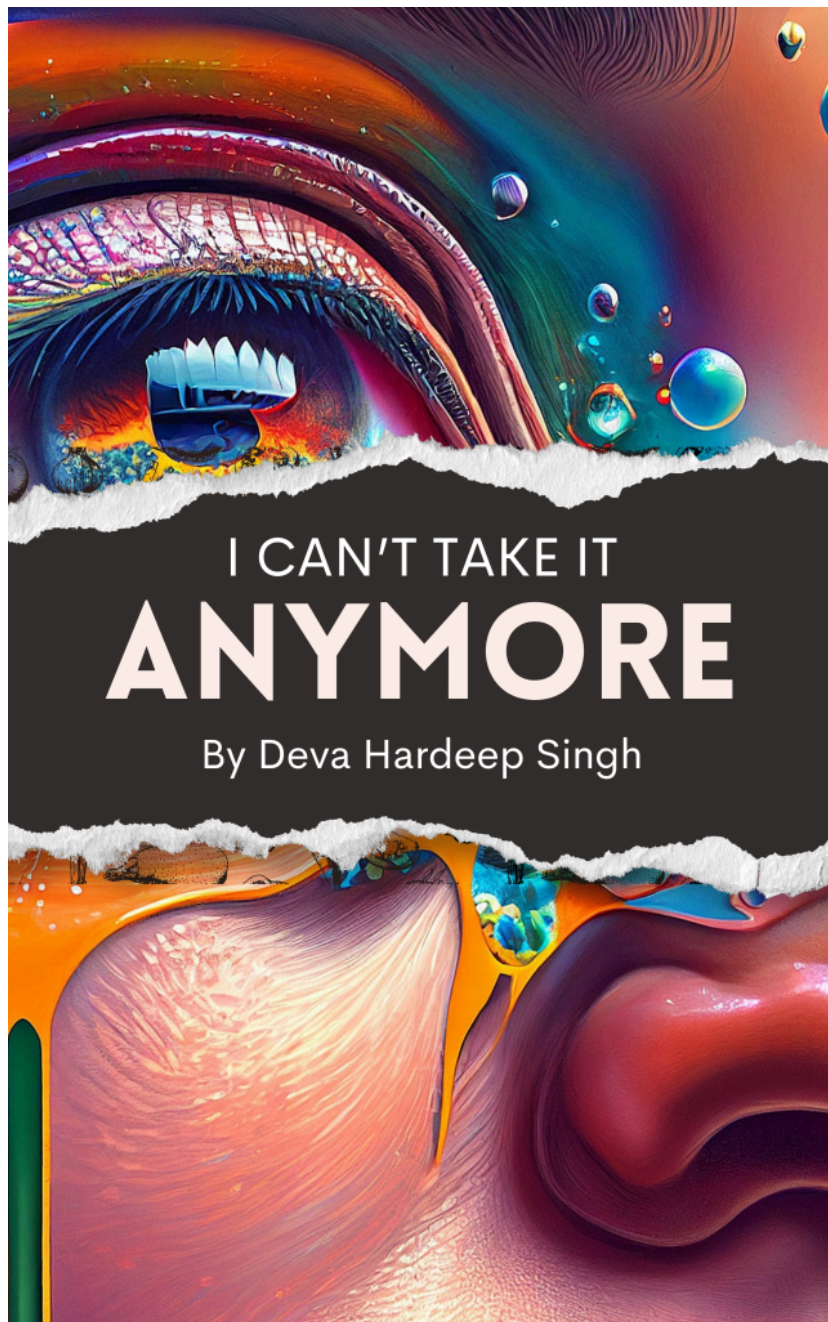
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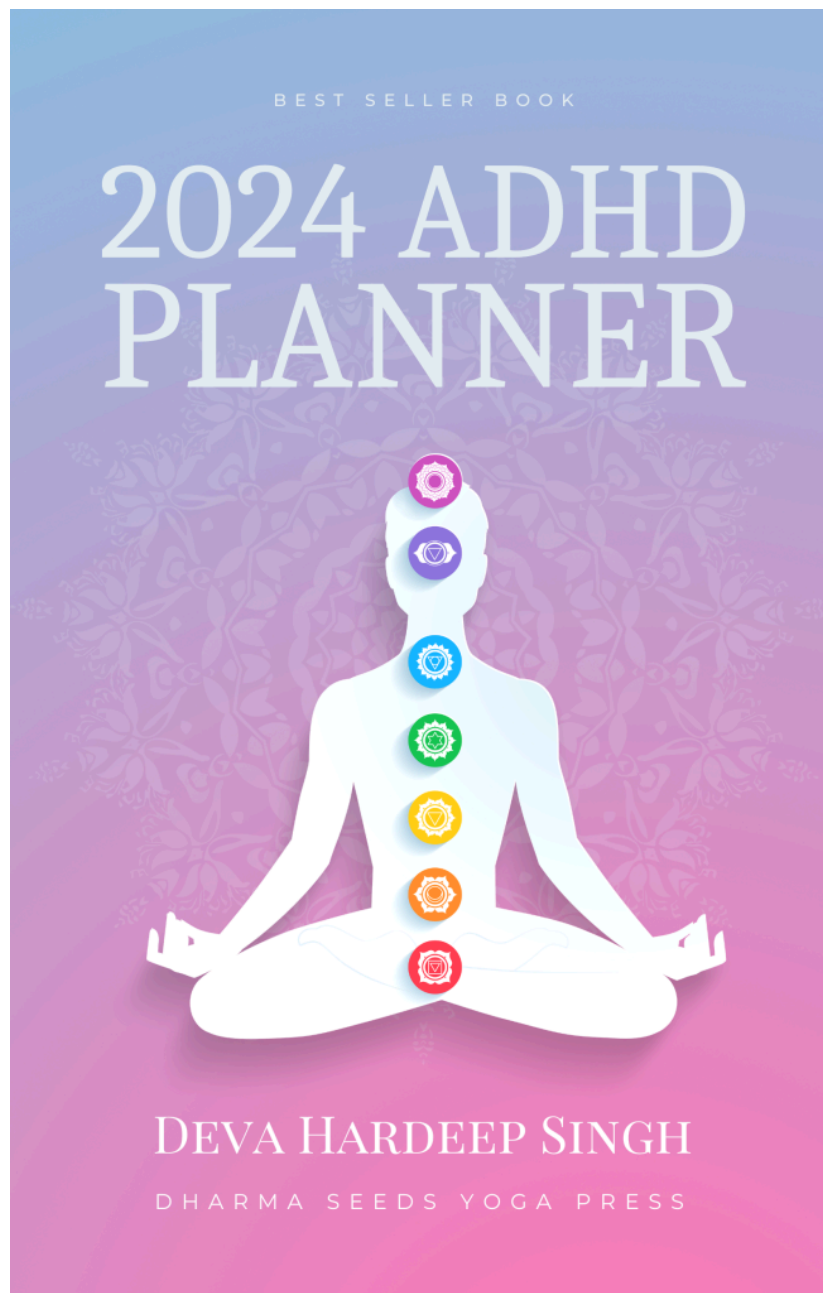
Now For Sale

Finding Light When You Feel Down This book offers a roadmap to navigate challenges and find inner peace. It starts by acknowledging moments when you feel low, as captured in “He’s Down and Not Responding” (pg. 4). This initial recognition is crucial for moving forward. The following sections offer tools for personal growth. “The Divine Feminine is the source of our creativity and intuition” (pg. 13) suggests tapping into this inner wellspring for guidance and inspiration. Similarly, “GET OUT in Nature” (pg. 24) highlights

the restorative power of spending time outdoors. Immersing yourself in nature can be a powerful way to reconnect with yourself and find clarity. The journey to inner peace also involves self-reflection and letting go. “Laying your actions at the feet of God” (pg. 33) encourages surrender and acceptance, while “Addressing the elephant in the room... Burnout” (pg. 39) tackles a prevalent issue in our fast-paced world. Recognizing and addressing burnout is essential for reclaiming your well-being. This is a true story written by a disabled guy. Helping you see past your own limitations.

New Book just published

<https://www.lulu.com/shop/deva-hardeep-singh/i-cant-take-it-anymore/paperback/product-rmgj2y8.html?g=deva+hardeep+singhu0026amp;page=1u0026amp;pageSize=4>



NOW FOR SALE

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts

and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

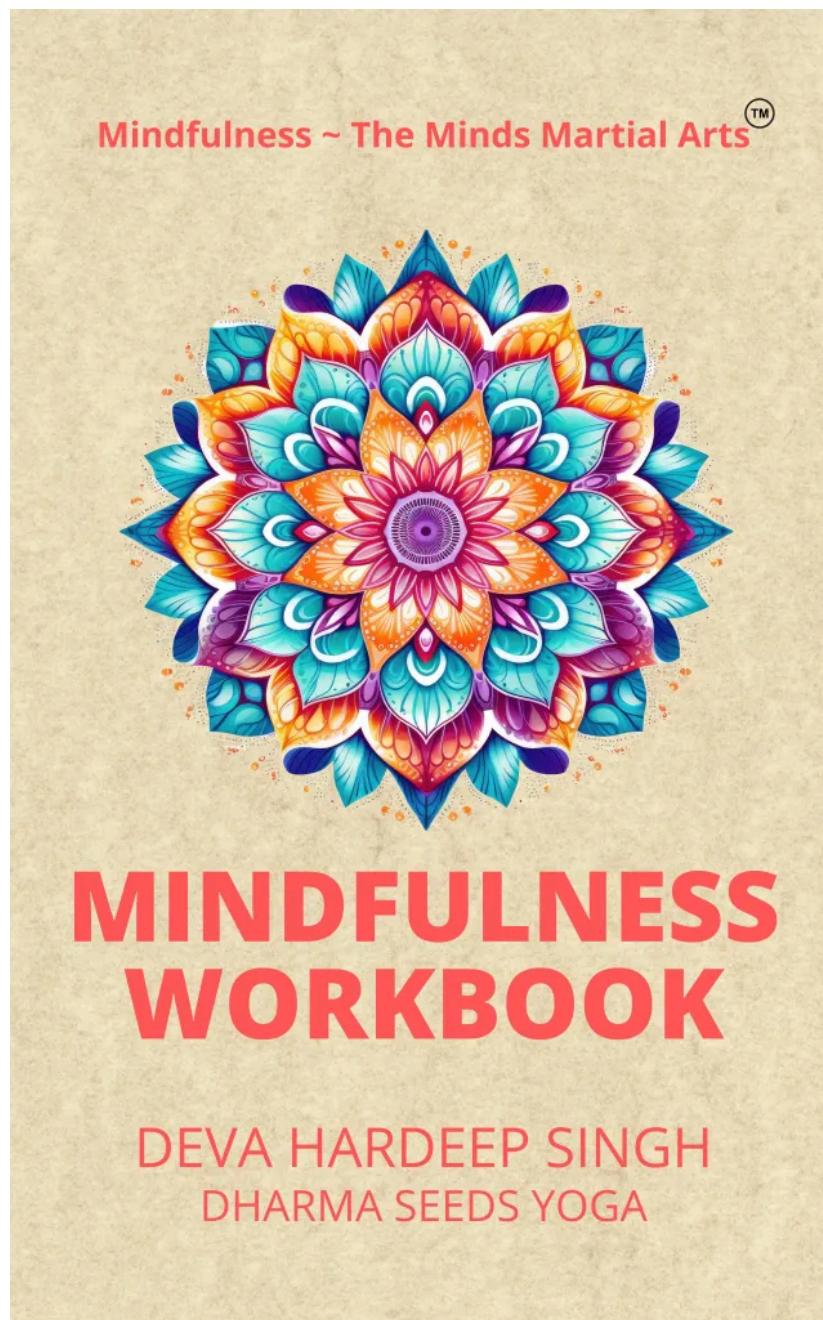
The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner:

- Mindfulness activities and exercises: The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being.
- Goal-setting: The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- Progress tracking: The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- Calming illustrations: The planner includes calming illustrations that can help you to relax and to focus.
- Soothing color scheme: The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

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NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



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Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series Reservation Dogs, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen),

teaches meditation, and provides yoga instruction, and a Reiki III Master.



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